



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Pérez, María José

Club: Bremen  
Number: 376

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 3:01:20

Speed: 8.67 km/h  
Running performance: 6:55 min/km

Rank in course/Total: 438 (of 581)

Rank in course/Women: 49 (of 106)

Best time in course: 2:08:56

Rank in category: 11(of 26)

Best time in the category: 2:19:04

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Loddenke	3.30	21:47	6:36	11	5:17	49	5:59	3.30	21:47	6:36	11	5:17	49	5:59
Schlüsie	3.10	22:55	7:23	11	4:44	36	6:20	6.40	44:42	6:59	11	10:01	44	12:14
Hermannsklippe	2.60	20:42	7:57	11	4:29	38	6:07	9.00	1:05:24	7:16	11	14:30	44	18:21
Brocken	3.10	34:49	11:13	13	7:39	47	10:40	12.10	1:40:13	8:16	11	21:37	43	28:54
Eiserner Handwe	3.60	21:36	6:00	11	5:37	48	6:24	15.70	2:01:49	7:45	11	27:14	44	35:18
Schlüsie	4.10	22:04	5:22	14	5:38	57	6:58	19.80	2:23:53	7:16	11	32:52	46	42:16
Loddenke	3.10	17:49	5:44	19	4:37	72	5:42	22.90	2:41:42	7:03	11	37:29	48	47:58
Ilseburg/Markt	3.30	19:38	5:56	17	4:47	69	5:38	26.20	3:01:20	6:55	11	42:16	49	52:24